

# Packing List & Instructions

## GHANA – CONTEMPORARY ART & CULTURE (INTERNSHIP)

During your time in Ghana, you will be in the cool season, which lasts from early July to early September. During your stay, the temperature typically ranges between a high of 80°F (27°C) and a low of 73°F (23°C). Some would describe it as pleasantly warm with a gentle breeze.

You will be responsible for carrying your own luggage. The most important packing advice is to pack lightly— whether you pack in a duffel bag, a rolling suitcase, or a large backpack, you should be able to carry (not roll) your luggage up two flights of stairs and across the length of a football field. When determining what luggage is appropriate, it is important to consider the program itinerary and group activities. Travel between cities is often by train or private bus. Whatever luggage you bring, you'll need to be able to get it on and off yourself, including up and down aisles, and into overhead storage.

The list on the following page has been suggested by past participants and leaders. You will have opportunities to do laundry while on the program, oftentimes during your homestay. Even though your program may be three or four weeks, pack for about a week. Even though we provide a comprehensive packing list, it is good practice to research the temperature and climate of your program country before you depart. These can vary from year to year, so it is important to check current and expected conditions for your program abroad and pack accordingly.

### A Note on Dress

Remember, while traveling with The Experiment, you are an ambassador for the program and should dress appropriately for the country you will be traveling to. You will want your clothes to be comfortable, compact, versatile, and quick to dry (since access to an electric dryer will likely be limited). You will not need more than one nice outfit, suitable for a religious ceremony or celebratory dinner. Shoes should be comfortable, broken in, and versatile—bring as few pairs as possible – 3 is more than enough. Layering is recommended for changing temperatures rather than bringing bulky sweaters and jackets.

Ghanaians tend to dress both more modestly and more formally than U.S. Americans. Plan on a combination of casual and somewhat dressy (one or two items). Ghanaians are also very fastidious in personal hygiene; you will offend people by wearing dirty clothes and by not taking regular showers. The clothes that you bring should all be washable and breathable, preferably drip-dry cotton and cotton-blends.

Do not bring sloppy clothes or clothes with immodest pictures or writing on them. Revealing clothing or very informal clothing, are frowned upon in formal contexts. All clothing should be modest: tops should cover shoulders and waists (no bikinis), skirts should not be too short, clothing should not be see-through, and plunging necklines are socially unapproved. Key words to keep in mind when selecting clothing are: clean, neat, in good condition, presentable, comfortable and largely conservative.

#### The Experiment

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Urban Ghanaians are very fashionable, and cotton materials, particularly wax cotton prints, are plentiful. You can have one of the many tailors, seamstresses, and fashion designers create something for you. Plan to buy new clothes once you arrive and settle in Ghana.

## Notes from our Team

### PRESCRIPTION MEDICATIONS

Make sure to keep any prescription medications or vitamins in their original containers and bring a sufficient amount for the entire duration of your program, plus extra in case of travel delays. Bring a paper copy of your prescription from your doctor in case you lose your medication. Travel with all essential medications in your carry-on luggage. If you are diabetic and traveling with syringes, bring a certificate or letter from your doctor.

### RESCUE MEDICATIONS

If you use any rescue medications and or devices (i.e. medications intended for the immediate relief of serious symptoms like an EPI pen or albuterol inhaler) you must travel with one or more backup supplies of this medication or device. (e.g. A participant who uses an inhaler would travel with at least two inhalers, while a participant with a severe allergy might travel with several EPI pens.) Comparable therapies can be very difficult to obtain while traveling.

### OTHER MEDICATIONS

While you will not need an entire pharmacy, do bring the medication you normally use for minor ailments like body aches, upset stomach, bug bites, common cold, seasonal allergies etc. A travel first aid kit from your local pharmacy is recommended. All medications should be in original packaging with the package insert if possible, to avoid seizure at customs. Please review the Health Guidelines for more information.

### TOILETRIES AND SANITARY ITEMS

Please bring the toiletries and sanitary items you are accustomed to using. It is recommended to bring enough feminine hygiene products for the duration of the program. It is often difficult to find the items you are used to using while abroad.

### CORRECTIVE LENSES

If you wear glasses or contact lenses, please bring extra pairs and extra contact cases, as these are often difficult to replace if lost. If you use contact solution to clean your lenses, bring plenty of the type you prefer. Consider program itinerary and activities when choosing appropriate eyewear.

Please direct any questions or concerns to [medicalteam@experiment.org](mailto:medicalteam@experiment.org).

### VALUABLES AND ELECTRONICS

It is recommended, though not required, that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer or other valuables for full coverage in the event of loss or theft. The Experiment is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

You will be responsible for making arrangements to store your laptop in a secure place while on excursion. Computers are available for use in most Internet cafes for a small fee and may be used for assignments.

The Experiment is not responsible for any items lost, misplaced or stolen. It would be best to not bring other large electronics, hairdryers, or other items that you would consider expensive to replace. If you choose to bring small electronics (your digital camera or cell phone) remember to bring your own adaptor, batteries, and voltage converter (which can be obtained from a travel store or pharmacy).

Before you leave home, it is up to you to research the necessary adaptors, plugs, and wattage variations. Electric power supply can be a major problem. It is most unlikely that there will be power at all times while on the program. Usually, the interruptions are planned, so residents know when to expect blackouts. Students are advised to have a flashlight handy at all times.

More info about electricity, voltage, and adapters can be found here: [www.worldstandards.eu/electricity/](http://www.worldstandards.eu/electricity/). The standard voltage in Ghana is 220-240 volts AC.

### MOSQUITO NETS

You will have a mosquito net provided for you at the various accommodation locations where necessary. Please see the detailed packing list below for more information.

### CLOTHING RECOMMENDED

- 1 sweater, sweatshirt, or windbreaker for cool nights
- 1 active/sports outfit (i.e. t-shirt, conservative/long shorts for jogging, sports, dance class)
- Light rain coat (one that folds up small, but covers as much as possible)
- 3-5 light shirts, blouses or short-sleeved shirts
- Underwear (one-week supply)
- Socks (one-week supply)
- Pajamas
- Slippers (people often wear house slippers, more than in the U.S.)
- Lightweight hiking boots or sneakers for hiking (if they're new, break them in before you leave home)
- Supportive tennis shoes or comfortable walking sandals (not flip-flops)
- 1 pair nice shoes
- Flip-flops or other casual indoor shoes
- 1-2 swimsuits (one-piece)
- 1-2 pairs of long shorts
- 1-2 nice outfits – dress/skirt, button-up shirt and tie, 1 pair of shoes for special occasions
- 2-3 pair pants, skirts (mid-calf length) and/or dresses

## GEAR RECOMMENDED

- 1 reusable and durable water bottle (1 liter) – REQUIRED.
- 1 set of toiletries—should be smaller than your head!
- Extra pair of glasses or contacts and contact solution, if needed
- 1 small beach towel—microfiber and quick-dry are great!
- Sunglasses and hat with brim
- Money belt
- Flashlight/headlamp
- Travel watch with alarm
- Small notebook and pens
- Camera, charger, and adapters or extra batteries
- Mosquito repellent with 20-30% DEET for use on skin and up to 100% DEET (permethrin) for use on clothing
- Malaria Prophylaxis - Bring enough for the duration of the program. Please consult your physician for the number of pills needed and the type of malaria prophylaxis that is best for you.
- Sunscreen and lip protection (SPF 30)
- Travel size detergent, biodegradable if available – Laundry pods or bar laundry soap are great options
- Stuff sacks or plastic bags—small Ziplocs and a few large garbage-size bags (great for wet/dirty clothes and keeping clean clothes dry while traveling)
- Small backpack for day trips—this can be your school backpack
- School ID—if you don't have one, it's okay

## IMPORTANT TRAVEL DOCUMENTS

- Passport, or residency card (if applicable)
- Yellow WHO card, including proof of yellow fever vaccine
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa
- COVID-19 vaccination card (digital and print)

## TO PREVENT THE CONTRACTION AND SPREAD OF COVID-19 STUDENTS SHOULD COME PREPARED WITH:

- At least 3 reusable masks (at least double layered) or 28 single use disposable (at least double layered) and gloves for personal protection - REQUIRED
- Hand sanitizer that contains at least 60% alcohol for use when soap and water is not readily available
- Anti-bacterial wipes or solution to wipe down high-touch surfaces, especially while traveling

## OPTIONAL ITEMS RECOMMENDED

- Journal and pen
- Mailing addresses for friends and family to send postcards

- Printed photos of family or friends
- Small game of cards, Uno, Bananagrams

Where to start: A great place to visit for these types of travel clothes and gear is an outdoors store such as REI and EMS. These places will have waterproof, light weight, quick drying and versatile clothing options specifically made for travel and backpacking. They can also talk you through layering techniques and give you gear recommendations. These stores tend to be a little pricey so don't forget to check for second-hand outdoor gear stores locally as well!